

# INVERNESS ORIENTEERING CLUB



## NVOC School O League Event Craig Phadraig Wednesday 15 May 2024



### EVENT DETAILS

Welcome to the second event of the 2024 INVOC School league. We offer you a pleasant day orienteering in Inverness with a range of courses to suit all ages and abilities including beginners.

**Terrain:** Craig Phadraig is a forested hill on the western edge of Inverness. It is the site of an ancient Pictish hill fort visible as an oval shaped mound at the top of the hill. Wide firm tracks and narrow earth paths with some rocks and short steep slopes.

Easier courses (white, yellow and orange) have been planned so that young and inexperienced competitors are well away from major crags. Light Green course descends close to crags but avoids major crags; where the Green course descends in the vicinity of crags there are safe routes. Choose route with care.

**Map:** Pre-marked and printed on waterproof paper, scale 1:5,000 with 5m contour interval.

**Directions:** Take the A862 heading for Beauly, cross the canal bridge at Muirtown and turn left at the second set of lights onto King Brude Road. Follow the road to the next traffic lights, taking a right towards Balnafettack. Straight ahead at the roundabout and then take the first right, signposted **Kingsview Christian Centre**, park there. From the carpark, go through the gate and follow the tapes along to the Start. Please respect local residents and drive carefully along the residential area.

**Parking for school and early participants:** At the **Kingsview Christian Centre** Balnafettack Rd, Inverness IV3 8TF. Spaces are limited so please car share as much as possible. Carpark is available until 7.00pm, please make sure your car is retrieved by that time.

**Parking for late participants and helpers:** Park in nearby residential streets but please do not park in the carpark if you are leaving the event after 7.00pm.

**Toilets:** At the Kingsview Christian Centre, Balnafettack Rd, Inverness IV3 8TF, until 7pm.

**Registration (Start & Finish) location:** Registration (dibber and map collection) and First Aid tents are located at the Start, approx. 0.5km from the Kingsview Christian Centre car park. From the carpark, go through the gate and follow the tapes along to

the Start. Please take care when walking with your group and ensure children are supervised. Please respect local residents.

Ensure pupils take jackets/extra fleeces to the registration area as they may have to wait around for other team members to return from their courses. Once at the start you can set up a base for your group (for jackets, water bottles, etc). You should return to the car park as a group once all your pupils have completed their courses.

**Start:** Punching start using Sport ident. Start times will not be pre-allocated, turn up when you are ready, and the start official will let you start when there is space on your course. There may be short delays at popular times.

**Start time:** For **schools** will be between 3.40pm and 4.45pm, so all school groups should have completed their courses by 5.45pm at the latest. Starts will remain open for **non-school competitors** until 6.15pm. Courses close promptly at 7.15pm.

**Finish:** Adjacent to Start. Follow the tapes to download. All runners **MUST** return to download.

#### **Courses:**

Approximate lengths and climb, subject to final planning

<b>Colour</b>	<b>Length</b>	<b>Climb</b>
White	1.5km	40m
Yellow	1.8km	45m
Orange	2.4km	75m
Light Green	2.9km	
Green	3.3km	165m

**Registration for schools opens:** 3.30pm; **non-school competitors:** 4.30-6.15pm.

**Courses close:** Courses close promptly 7.15pm.

**Entries:** School groups must pre enter by **NOON**, Monday 13 May. Entries can be made online via SiEntries at <https://www.sientries.co.uk> or by e-mailing Susan Blackwood at [schools.invoc@gmail.com](mailto:schools.invoc@gmail.com).

Please note that the information you provide when entering the event will be stored on a computer and will be used solely for the purposes of the event. Event results will be published on the internet. By entering the event you are authorising the use of the information you provide in this way. Information will not be made available to parties not directly involved with the event other than as detailed above.

**Entry Fees:** Adult (member/non-member) £8/£9; Junior £3.00; Entry on the day (adults/juniors) £1/£0.50 extra. There is limited EOD availability.

**SAFETY:** All participants must report to the Finish/Download tent, even if they have not finished their course. Otherwise, you may trigger a search party. It is recommended that all children carry a whistle. Six short blasts indicate a competitor

in trouble, anyone hearing this signal is asked to offer assistance. Stout footwear is advised, eg fell shoes/trainers with good grips. In case of bad weather please dress appropriately. Competitors may be advised to wear a waterproof jacket.

**Medical Conditions:** You have the option of completing a medical form at registration. It could be lifesaving if the organisers were aware of any existing medical conditions in the event of an incident. You can leave it in a sealed envelope that will only be opened if required and destroyed after the event.

All participants should follow the principles of the Scottish Outdoor Access Code during this event (<https://www.outdooraccess-scotland.scot>).

**Planner:** Henrik Borrowman

**SI:** Susan Blackwood

**Organiser:** Tara Black

**Controller (Safety Officer):** Suzanne Robins-Bird

**School Events Coordinator:** Susan Blackwood

**BY TAKING PART IN THIS EVENT, YOU AGREE TO THE FOLLOWING:**

1. Registration information will be recorded on computer.
2. Photographs and / or name(s) may appear on our website or in the media. We will seek permission where this involves young people.
3. Competitors are responsible for their own personal safety and for assessing their own abilities to complete the course. [Please seek advice at the registration desk on the day if you are unsure of whether the course you are entering is appropriate].
4. Event results will be published on the Internet and sent to British Orienteering.

**Thanks to Forestry and Land Scotland for allowing us use of the wood and to Kingsview Christian Centre for the use of their car park and facilities.**